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WHAT ARE FEDERAL WORKERS EATING?

A report on what 977 Federal employees ate for a 2-day period

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Why study the eating habits of Federal employees in Washington?

Our country needs strong and alert people in the Federal Government to strengthen its defenses.

Well-balanced meals build strong and able workers. We are taught by nutritionists that being well fed means more than satisfying hunger. It is more than having the foods which barely protect against diseases due directly to poor diet. It is having all the types of food and in the quantities that will promote health and efficiency.

"Nutrition diseases in all probability constitute our greatest medical problem, not from the point of view of deaths, but from the point of view of disability and economic loss," says an eminent authority of the U. S. Public Health Service.

The number of Federal employees have been greatly increased. A large percentage of them are located in Washington. The food markets have been taxed to supply food needs of the increased population and eating places likewise. The rationing of foods is complicating this problem further.

Under these circumstances, this Study of foods eaten for 2 consecutive days was undertaken to obtain some actual data concerning the eating habits and problems of Federal workers. These data are to be used by civic and Federal interests in meeting the specific needs and also to promote a better understanding among the workers themselves of their individual needs.

The studies summarized in this report indicate that many Federal employees are not eating the right food to help keep fit and insure maximum efficiency according to the daily dietary requirements outlined by the Bureau of Human Nutrition and Home Economics. While this Study is not exact, it does indicate to some extent food habits and specific inadequacies.

Inadequate daily, weekly, and monthly diets will finally result in chronic fatigue, aches and pains, and digestive disturbances. They cut down efficiency on the job and in some cases keep the worker in bed. Poor diets destroy the sense of well-being as well as lower resistance to disease and efficiency on the job. The eating habits of the people responsible for the Government of the Nation is a vital concern of the citizens whose welfare in general will be affected by the efficiency of this group.

Scope of the Study

The study was conducted in four different Government agencies in January 1943. It was felt that the data would be more representative (from four localities with slightly different conditions) than if gathered in one area. The Veterans' Administration, the Munitions Building, the Department of Agriculture, and the Bureau of Internal Revenue were chosen partly

because of varying localities and partly because of other factors. The Veterans' Administration was included in the study because it has no cafeteria; the Department of Agriculture because it has a very good cafeteria, and because an interest in nutrition has already been aroused there by a program of nutritional education.

The questionnaires were distributed in each agency through the cooperation of the personnel departments. Those responsible for the circulation of the questionnaires endeavored to get a representative cross section of the personnel within their agencies. Personnel from each sex, race, age group, and economic level participated in the Study by filling in questionnaires for a 2-day period. A total of 977 completed questionnaires were received: 286 from the Veterans' Administration, 130 from the Munitions Building, 319 from the Department of Agriculture, and 242 from the Bureau of Internal Revenue.

Of the 977 individuals who took part in the Study, 709 or 73 percent were women, 266 or 27 percent were men. The large majority were white, there being only 74 Negroes, 4 of other races, and 2 who made no report on race. Sixty-three percent of the participants were 30 years old or over. Individuals from each of four salary groups were included, but more than half the total number were comprised in the two lower salary classifications, earning less than \$2,000. (Refer to Table I.)

What are the eating conditions of Federal Workers

What were the living conditions of these 977 men and women? A picture of dietary habits would be incomplete without some knowledge of environmental factors which might influence food selection. By far the largest number of persons covered by the Study, 617 or 63 percent, lived in their own homes, 205 or 21 percent had rooms in a private home or apartment, 76 or 8 percent lived in boarding houses or hotels, 65 or 6 percent lived in rooming houses, while 1 percent did not report on domicile.

Since nutritionists stress the importance of an adequate breakfast, the question was asked, "Do you eat breakfast?" It was found that 32 persons took no food in the morning and an additional 9 had only coffee - making 4.5 percent who started the day without breakfast. If this percentage, even though small, indicates a trend, it would seem that there may be need of education on the necessity of an adequate breakfast.

The question of where breakfast was eaten produced some interesting figures. One hundred eighty-one, or 19 percent, did not eat breakfast at their place of residence. About half of these 181 persons ate in Government cafeterias, 25 ate in drugstores, and 62 in other public eating places.

For the noon meal, 516 or 53 percent ate in a Government cafeteria. The next largest number, 205 or 21 percent, carried their lunch from home, but of these, 137 persons bought extra food to supplement what they brought with them. It is interesting to note that out of these 205 persons carrying their own lunches, 91, or almost half, were employees of the Veterans' Administration which has no cafeteria. The next largest number bringing home packed lunches reported from the Bureau of Internal Revenue. It is significant that in these two agencies, 107 persons, or 38 percent of those reporting from the Veterans' Administration, and 112 persons, or 47 percent of participants from Internal Revenue, answered "No" to the question, "Do

you have time to eat a proper lunch?" The number of negative answers to this question from persons in the other two agencies was relatively small.

By far the largest number of persons - 766 - ate their evening meal at home, 6 in drugstores, 8 in Government cafeterias, and 175 in other public dining rooms. Two carried their evening meals to work.

Twenty-eight persons reported on the cost of breakfast and the average figure was 27 cents. An average cost of 35-1/2 cents for lunch was reported by 710 individuals. Two hundred sixty reported costs for the evening meal at an average of 71-1/2 cents.

The question, "Can you get food if ill?" was answered in the negative by 43 persons, or about 4.5 percent of those questioned. Though this percentage is small, the number of persons covered by the Study is relatively small. These 43 individuals without food in time of sickness may indicate a real problem to be solved. (Refer to Table II.)

Influence of Nutrition Education Programs on Dietary Habits

The question was asked, "As a result of the various nutrition programs, press, and radio articles, defense posters, and other literature on the subject of proper nutrition; (a) 'Do you feel a greater awareness of nutrition now than you did a year ago?' and (b) 'Have you improved your eating habits?'" Six hundred eighty-one, or 68 percent, professed a greater awareness of nutrition as a result of educational programs but apparently not all had profited by this increased knowledge, as only 506, or 52 percent, reported improved eating habits as a result.

One part of the questionnaire was intended to discover what form of nutrition education would appeal most to busy men and women giving long hours to Government work. Of the various sources of information and services listed on the questionnaire, most interest was shown in the results of this survey. This was to be expected, as persons participating in the Study would naturally feel curiosity as to the findings. Four hundred persons or 41 percent, expressed interest in the results of the survey, 368 or 38 percent, said they would like literature on nutrition, 190 or 19 percent, voted for educational movies, 147 or 15 percent, declared for wall chart meal guides, 110 or 11 percent, would like short talks on nutrition, 64 or 7 percent, asked for personal advice on dietary problems, while only 56 or 6 percent, felt they could give time to classroom work in nutrition. In general, 666 individuals or 68 percent, expressed a desire for some form of information on nutrition. Interest in nutrition education was evinced by a slightly higher percentage (76 percent) of persons in the Department of Agriculture where an awareness of nutrition had already been stimulated by an educational program. The next greatest amount of interest was expressed by persons in the Munitions Building, where 72 percent asked for information as against 64 percent in the Bureau of Internal Revenue and 61 percent in the Veterans' Administration. (Refer to Table III.)

Dietary Habits

As has been stated, participants in the study were asked to enter all food eaten in a 2-day period both at meal times and between meals. There were 12 food classifications and one of beverages without nutritive value which included tea, coffee, alcoholic beverages, and soft drinks. Participants were not asked to enter quantities of food eaten. Also in tabulating the food no consideration was given to amounts of a given food. For instance, a person who took milk on cereal is listed as having had milk in exactly the same way as the person who drank a pint of milk with his lunch. Tomato sauce also gives a good mark in the citrus fruit chart although the amount of vitamin C in a little tomato sauce may be relatively slight.

The results of the study then do not give exact food information. Rather a pattern of food habits is suggested. Perhaps the numbers and percentages of persons having none of certain foods such as green leafy vegetables, citrus fruits or tomatoes, and milk may carry more exact information than that given by the positive figures which indicate that some of a food was eaten but not whether enough for adequate nutrition.

Classes of food eaten. It was encouraging to find that 71 percent of the persons interviewed ate green leafy or yellow vegetables both days, though we do not know how often this meant the bleached white iceberg lettuce. Fortunately, 72 percent of the group also had other vegetables both days.

Less than two-thirds of the group had citrus fruit or tomatoes both days - a low percentage considering that the study was made in winter time when other fruits are scarce.

Few people missed out on meat (not including fish, poultry, and eggs) - with 93 percent of those who answered the questionnaire eating meat both days. It was noticeable that many low-income workers satisfied this food need by eating "hot-dogs." Milk and milk products were far less popular, with only 61 percent of the group having these foods both days.

Cereals were eaten by 98 percent of the group on both days.

That sweets were more popular than citrus fruits and tomatoes we see from the fact that 76 percent of the persons ate sweets on both days. Perhaps sweets are more easy to find in and around Government buildings, and certainly easier to carry around in our purses or pockets. (Refer to Table IV.)

Fewer Negro workers ate green or yellow vegetables than the group as a whole - 68 percent and 71 percent respectively for both days. Fewer of them also ate other vegetables - 58 percent as compared with 72 percent - also on both days. They ate much less citrus fruit and tomatoes - only 32 percent of the Negro workers ate these fruits both days; 30 percent of them ate them one day only, and 38 percent neither day. Likewise, only 41 percent of the Negroes ate other fruits both days compared with 57 percent for the whole group. Ninety-one percent of the Negro workers had meat on both days compared with 93 percent for the entire group. However, 64 percent of them had milk and plain cheese on both days. In that respect they did better than the group as a whole, the percentage in that case being 61.

Eating habits of men as compared with women. A comparison of eating habits of men and women brings out only slight divergencies. Eight percent of the men as compared with 4 percent of the women had no green leafy or yellow vegetables either day. This would indicate that women are more salad conscious than men. The percentages doing without other vegetables, which classification included potatoes, were practically the same - 5 percent of the men and 4 percent of the women. Nineteen percent of the men and 16 percent of the women had no citrus fruits or tomatoes. More women seemed to eat other fruits, only 12 percent having none of this food group while 19 percent of the men ate no noncitrus fruit. (Refer to Table V.)

Dietary habits by areas. Comparing diets by departments, considering only fruits, vegetables, milk and milk products, there appears little variation except for fruits and tomatoes. A higher percentage of persons in the Department of Agriculture seem to eat fruits, both citrus and other, and some take more milk although fewer took milk products than in other agencies. (Refer to Table VI.)

Workers eating in Government cafeterias appear to have better noon-meal diets. Table VII indicates that more than half of the workers surveyed eat in Government cafeterias. There is evidence that they have a slightly better diet than those dependent entirely on other eating places for all their meals. The variation in those eating green, leafy, and yellow vegetables is very nearly representative for all classes of foods. (See table.)

Green or Yellow Vegetables	Those Eating Noon Meal in Government cafeteria	Those Eating Noon Meal Elsewhere
Both Days	28%	12%
One Day	38%	22%
Neither Day	34%	66%

Using these figures as a basis for drawing conclusions it appears that a very high percentage of both groups of persons studied are not filling one-third of the minimum daily requirements of green leafy and yellow vegetables at the noon meal and are dependent on their other meals for these food values as well as for other needed foods.

Salary range affects eating habits. Even though there is variation in the dietary habits of the various groups, this study provides evidence that employees in all income levels are able to obtain adequate diets if they choose food wisely. This study reveals that workers whose salaries are between \$2,000 - \$3,000 have better diets to some extent than those of other brackets. Those of the \$3,000 and over have next best, \$1,500 - \$2,000 third, and those under \$1,500 the poorest. The latter group falls far below the average for citrus fruits and tomatoes eaten but is almost average for milk and plain cheese eaten. In this group 76 percent ate these fruits both days; while the percentage is only 46 for persons with incomes below \$1,500. On the other hand individual samplings from this income bracket indicate that some of these workers have excellent diets. Those receiving more than \$3,000 run highest in sweets and drinks other than milk and water. (Refer to Table VIII.)

When we study the effect of salaries on eating habits we find a striking increase in the use of citrus fruits and tomatoes among workers receiving over \$1,500 a year. Meat is eaten by more people with incomes over \$3,000, with 96 percent of that group eating meat both days. More persons from this group also ate sweets, the percentage being 83. (Refer to Table X.)

Between-meal eating. There was not very much between-meal eating - only 15 percent of the group having eaten sweets between meals on both days. One wonders if the custom of drinking coffee or Coca-Cola during working hours is less common than it is reputed to be. On the other hand there may have been a tendency to pass over the question of foods eaten between meals in filling in the questionnaire. (Refer to Table IX.)

SUMMARY OF FINDINGS

Eating conditions are one of the factors to be considered in determining dietary patterns of Federal workers. Fifty-three percent of the group studied ate lunches in Government cafeterias. Twenty-one percent carry their own lunches. In this group was the highest percentage reporting that they did not have time to obtain adequate lunches. Since public eating places are crowded, more time is needed by employees who cannot get lunch in the building in which they work.

A great majority eat dinner at home. Shopping becomes a factor when the employee is the homemaker.

Six hundred sixty-six individuals, or 68 percent, expressed a desire for some form of information on nutrition. Interest in nutrition education was evinced by a slightly higher percentage (76 percent) of persons employed in the Department of Agriculture where an awareness of nutrition had already been stimulated by an education program.

A comparison of eating habits of men and women brings out only slight divergencies. More women demonstrate interest in salads and citrus fruits.

Comparing diets by departments, when considering only fruits, vegetables, milk and milk products, there appears little variation except for fruits and tomatoes.

Workers eating in Government cafeterias (53 percent of study group) appear to have better noon-meal diets. Since the variation in foods chosen for lunch by employees eating in Government cafeterias and those eating elsewhere showed the same tendency for all classes of foods studied, green leafy and yellow vegetables are chosen as an example of the variation in choice by these two groups.

Green or Yellow Vegetables	Those Eating Noon Meal in Government Cafeteria	Those Eating Noon Meal Elsewhere
Both Days	28%	12%
One Day	38%	22%
Neither Day	34%	66%

Many of the workers studied do not get one-third of their daily dietary requirements in the noon meal.

This study reveals that workers whose salaries are between \$2,000 and \$3,000 have better diets as a whole. On the other hand, individual samplings show that the \$1,500 salaried person can secure an adequate diet.

Fewer of the lower-salaried groups consumed citrus fruits and tomatoes.

The foregoing statements suggest the need for further extending the program of nutrition education with emphasis on dietary patterns revealed, an expansion of the facilities of Government cafeterias, and the development of food budgets for employees of the lower-salary group as far as feasible.

Table 1
Scope of the Study

Total number of records & percentages in top headings. Subject studied in side headings.	All four Depts.	Percent	VETERANS'		MUNITIONS		AGRICULTURE		INTERIOR	
			Total	Percent	Total	Percent	Total	Percent	Total	Percent
	977	100%	286	100%	130	100%	319	100%	242	100%
<u>Sex</u>										
Male	266	27%	92	32%	11	9%	110	35%	53	22%
Female	709	73%	194	68%	119	91%	207	65%	189	78%
No Report	2	1/	0	-	0	-	2	1/	0	-
<u>Race</u>										
White	897	92%	252	88%	127	98%	297	93%	221	91%
Negro	74	8%	29	10%	3	2%	21	7%	21	9%
Other & No Report	6	1/	5	2%	0	-	1	1/	0	-
<u>Age</u>										
16-19 yrs.	74	8%	26	9%	24	19%	17	5%	7	3%
20-24 yrs.	145	15%	31	11%	43	33%	34	11%	37	15%
25-29 yrs.	136	14%	30	11%	20	15%	61	19%	25	10%
30 & over	619	63%	198	69%	43	33%	206	65%	172	71%
No Report	3	1/	1	1/	0	-	1	1/	1	1/
<u>Salary</u>										
Under \$1,500	263	27%	88	32%	49	38%	42	13%	84	34%
\$1,500-\$1,999	372	39%	106	37%	72	55%	109	34%	85	35%
\$2,000-\$2,999	189	19%	48	16%	6	5%	85	27%	50	21%
\$3,000-over	149	15%	43	15%	2	2%	81	25%	23	10%
No Report	4	1/	1	1/	1	1/	2	1%	0	-

1/ Less than 0.5 of 1%.

Table II

Eating Conditions of 977 Persons

A. Where breakfast was eaten - by agencies

Percent of Total
(977 Persons)

	TOTAL	VETERANS ¹	MUNITIONS	AGRICULTURE	INTERIOR
Total	100%	100%	100%	100%	100%
Residence	77%	78%	66%	83%	75%
Drug Store	3%	4%	4%	2%	1%
Govt. Cafeteria	10%	3%	13%	9%	16%
Other public eating place	6%	11%	6%	3%	5%
No Report	4%	4%	11%	3%	4%
1/ Less than 0.5 of 1%					

B. Where noon meal was eaten - by agencies

Percent of Total
(977 Persons)

	TOTAL	VETERANS ¹	MUNITIONS	AGRICULTURE	INTERIOR
Total	100%	100%	100%	100%	100%
Residence	1%	1%	1%	1%	1%
Drug Store	4%	9%	1%	1%	2%
Govt. Cafeteria	53%	15%	78%	75%	55%
Other public eating place	19%	39%	5%	10%	13%
Carry own	21%	32%	12%	11%	26%
No report	3%	4%	3%	3%	4%
1/ Less than 0.5 of 1%					

C. Percent reporting as to whether they had time to eat a proper lunch - by agencies

Time to eat a proper lunch	TOTAL	VETERANS ¹	MUNITIONS	AGRICULTURE	INTERIOR
Total	100%	100%	100%	100%	100%
Yes	72%	61%	92%	91%	50%
No	26%	38%	6%	7%	46%
No Report	2%	1%	2%	2%	4%
1/ Less than 0.5 of 1%					

Table III

Chart Showing Number and Percent of Persons Interested in Various Nutrition Services or Sources of Information, by Agencies (977 Persons)

Services & Sources in which interest was indicated	All four Agencies		VETERANS' ADMINISTRATION		MUNITIONS BUILDING		DEPT. OF AGRICULTURE		BUREAU OF INTERNAL REVENUE	
	Num- ber	Per- cent	Num- ber	Per- cent	Num- ber	Per- cent	Num- ber	Per- cent	Num- ber	Per- cent
Total number & percent in top headings	977	100%	286	100%	130	100%	319	100%	242	100%
Nutrition Literature:										
Yes	368	38%	98	34%	35	27%	137	43%	98	40%
No	609	62%	188	66%	95	73%	182	57%	144	60%
Short talks:										
Yes	110	11%	19	7%	13	10%	50	16%	28	11%
No	867	89%	267	93%	117	90%	269	84%	214	89%
Nutrition classes:										
Yes	56	6%	14	5%	10	8%	16	5%	16	7%
No	921	94%	272	95%	120	92%	303	95%	226	93%
Wall Chart meal guides:										
Yes	147	15%	30	10%	16	12%	55	17%	46	19%
No	830	85%	256	90%	114	88%	264	83%	196	81%
Education Movies:										
Yes	190	19%	37	13%	34	26%	78	24%	41	17%
No	787	81%	249	87%	96	74%	241	76%	201	83%
Personal service or advice:										
Yes	64	7%	14	5%	12	9%	23	7%	15	6%
No	912	93%	272	95%	118	91%	296	93%	227	94%
Results of this Study:										
Yes	400	41%	106	37%	47	36%	160	50%	87	36%
No	577	59%	180	63%	83	64%	159	50%	155	64%
Any source of information:										
Yes	666	68%	175	61%	94	72%	241	76%	156	64%
No	311	32%	111	39%	36	28%	78	24%	86	36%

Table IV

Dietary Chart Indicating Classes of Foods Eaten
(977 persons for 2 days)

Green, Leafy and Yellow Vegetables (Other than Tomatoes)

Both Days		One Day Only		Neither Day	
Number	Percent	Number	Percent	Number	Percent
692	71	237	24	48	5

Other Vegetables (Excluding Dried Peas and Beans)

Both Days		One Day Only		Neither Day	
Number	Percent	Number	Percent	Number	Percent
698	72	238	24	41	4

Dried Peas, and Beans and Nuts

Both Days		One Day Only		Neither Day	
Number	Percent	Number	Percent	Number	Percent
117	12	347	36	513	52

Citrus Fruit and Tomatoes

Both Days		One Day Only		Neither Day	
Number	Percent	Number	Percent	Number	Percent
612	63	212	21	153	16

Other Fruit

Both Days		One Day Only		Neither Day	
Number	Percent	Number	Percent	Number	Percent
556	57	281	29	140	14

Meat (Other Than Fats, Fish, Poultry and Eggs)

Both Days		One Day Only		Neither Day	
Number	Percent	Number	Percent	Number	Percent
906	93	65	6	6	1

Fats (Other Than Butter and Cream)

Both Days		One Day Only		Neither Day	
Number	Percent	Number	Percent	Number	Percent
388	39	336	34	253	27

1/ Less than 0.5 of 1%.

Table IV (Continued)

Dietary Chart Indicating Classes of Food Eaten
(977 persons for 2 days)

Butter and Cream

Both Days		One Day Only		Neither Day	
Number	Percent	Number	Percent	Number	Percent
887	91	72	7	18	2

Milk and Plain Cheese (Including Milk Drinks)

Both Days		One Day Only		Neither Day	
Number	Percent	Number	Percent	Number	Percent
598	61	201	21	178	18

Milk Products (Other than Plain Cheese, Butter and Cream)

Both Days		One Day Only		Neither Day	
Number	Percent	Number	Percent	Number	Percent
207	21	378	39	392	40

Cereals

Both Days		One Day Only		Neither Day	
Number	Percent	Number	Percent	Number	Percent
953	98	21	2	3	1/

Sweets (Including Candies)

Both Days		One Day Only		Neither Day	
Number	Percent	Number	Percent	Number	Percent
743	76	157	16	77	8

Drinks (Other Than Milk and Water)

Both Days		One Day Only		Neither Day	
Number	Percent	Number	Percent	Number	Percent
841	86	67	7	69	7

Table V

Chart Showing the Number and Percent of Persons Having Food from Various Classifications for 2 Days, by Sex (977 Persons)

Green Leafy or Yellow Vegetables						
Total number & percentages	Both Sexes		Male		Female	
	Total Number	Percent	Total Number	Percent	Total Number	Percent
977	100	266	100	709	100	
Both days	692	71	171	64	519	73
One day only	237	24	74	28	163	23
Neither day	48	5	21	8	27	4

Other Vegetables (Dried Peas & Beans Excluded)						
Total number & Percentages	Both Sexes		Male		Female	
	Total Number	Percent	Total Number	Percent	Total Number	Percent
977	100	266	100	709	100	
Both days	698	72	196	74	500	71
One day only	238	24	57	21	181	25
Neither day	41	4	13	5	28	4

Dried Peas & Beans, and Nuts						
Total number & percentages	Both Sexes		Male		Female	
	Total Number	Percent	Total Number	Percent	Total Number	Percent
977	100	266	100	709	100	
Both days	117	12	41	15	75	10
One day only	347	36	93	35	254	36
Neither day	513	52	132	50	380	54

Citrus Fruits or Tomatoes						
Total number & Percentages	Both Sexes		Male		Female	
	Total Number	Percent	Total Number	Percent	Total Number	Percent
977	100	266	100	709	100	
Both days	612	63	154	58	457	64
One day only	212	21	62	23	149	21
Neither day	153	16	50	19	103	15

Other Fruits						
Total number & Percentages	Both Sexes		Male		Female	
	Total Number	Percent	Total Number	Percent	Total Number	Percent
977	100	266	100	709	100	
Both days	556	57	141	53	414	59
One day only	281	29	73	28	208	29
Neither day	140	14	52	19	87	12

Table V (Continued)

Chart Showing the Number and Percent of Persons Having Food from Various Classifications for 2 Days, by Sex (977 Persons)

1/ Less than 0.5 of 1% Meat, Fish, Poultry & Eggs							
Total number & percentages	Both Sexes		Male		Female		
	Total Number	Percent	Total Number	Percent	Total Number	Percent	
	977	100	266	100	709	100	
Both days	906	93	256	96	648	91	
One day only	65	7	10	4	55	8	
Neither day	6	1	--	--	6	1	

Fat Other Than Butter or Cream (Bacon, Gravies, etc.)							
Total number & percentages	Both Sexes		Male		Female		
	Total Number	Percent	Total Number	Percent	Total Number	Percent	
	977	100	266	100	709	100	
Both days	388	39	92	35	295	41	
One day only	336	34	96	36	240	34	
Neither day	253	27	78	29	174	25	

Butter or Cream							
Total number & percentages	Both Sexes		Male		Female		
	Total Number	Percent	Total Number	Percent	Total Number	Percent	
	977	100	266	100	709	100	
Both days	887	91	245	92	640	90	
One day only	72	7	18	7	54	8	
Neither day	18	2	3	1	15	2	

Milk, Milk Drinks, or Plain Cheese							
Total number & percentages	Both Sexes		Male		Female		
	Total Number	Percent	Total Number	Percent	Total Number	Percent	
	977	100	266	100	709	100	
Both days	598	61	186	70	411	58	
One day only	201	20	35	13	165	23	
Neither day	178	19	45	17	133	19	

Other Milk Products							
Total number & percentages	Both Sexes		Male		Female		
	Total Number	Percent	Total Number	Percent	Total Number	Percent	
	977	100	266	100	709	100	
Both days	207	21	42	16	165	23	
One day only	378	39	106	40	271	38	
Neither day	392	40	118	44	273	39	

Table V (Continued)

Chart Showing the Number and Percent of Persons Having Food From Various Classifications for 2 Days by Sex (977 Persons)

Cereals						
Total Number & percentages	Both Sexes		Male		Female	
	Total Number	Percent	Total Number	Percent	Total Number	Percent
	977	100	266	100	709	100
Both days	953	98	263	99	688	97
One day only	21	2	2	1	19	3
Neither day	3	1/	1	1/	2	1/

Sweets						
Total number & percentages	Both Sexes		Male		Female	
	Total Number	Percent	Total Number	Percent	Total Number	Percent
	977	100	266	100	709	100
Both days	743	76	212	80	529	75
One day only	157	16	31	12	126	18
Neither day	77	8	23	8	54	7

Beverages (Coffee, Tea, Soft Drinks, Alcoholic Beverages)						
Total number & percentages	Both Sexes		Male		Female	
	Total Number	Percent	Total Number	Percent	Total Number	Percent
	977	100	266	100	709	100
Both days	841	86	236	89	603	85
One day only	67	7	13	5	54	8
Neither day	69	7	17	6	52	7

1/ Less than 0.5 of 1%.

Table VI

Percent Eating Green Leafy or Yellow Vegetables, by Departments

Note: This table does not include all classes of food studied. Findings did not indicate any variation between areas for those not found in this table.

Internal Revenue

Total reporting	Total No. Headings	Veterans'	Munition	Agriculture	Interior
	977	286	130	319	242
Both days	71%	71%	75%	70%	70%
One day	24%	25%	19%	25%	25%
Neither day	5%	4%	6%	5%	5%

Percent Eating Citrus Fruits or Tomatoes by Departments

Internal Revenue

Total Reporting	Total No. Headings	Veterans'	Munition	Agriculture	Interior
	977	286	130	319	242
Both days	63%	62%	49%	74%	56%
One day	21%	26%	27%	16%	21%
Neither day	16%	12%	24%	10%	23%

Percent Eating Milk or Plain Cheese by Departments

Internal Revenue

Total reporting	All Depts.	Veterans'	Munition	Agriculture	Interior
	977	286	130	319	242
Both days	61%	62%	62%	63%	58%
One day	21%	20%	17%	21%	23%
Neither day	18%	18%	21%	16%	19%

Percent Eating Vegetables (Other than Green, Leafy or Yellow or dried Legumes) by Departments

Internal Revenue

Total reporting	Total No. Headings	Veterans'	Munition	Agriculture	Interior
	977	286	130	319	242
Both days	72%	69%	75%	69%	75%
One day	24%	26%	22%	28%	20%
Neither day	4%	5%	3%	3%	5%

Percent Eating Fruits Other than Citrus by Departments

Internal Revenue

Total reporting	Total No. Headings	Veterans'	Munition	Agriculture	Interior
	977	286	130	319	242
Both days	57%	60%	46%	60%	55%
One day	19%	26%	36%	30%	27%
Neither day	14%	14%	18%	10%	18%

Percent Eating Milk Products by Departments

Internal Revenue

Total reporting	Total No. Headings	Veterans'	Munition	Agriculture	Interior
	977	286	130	319	242
Both days	21%	23%	20%	22%	19%
One day	39%	41%	40%	35%	40%
Neither day	40%	37%	40%	43%	41%

Table VII

Dietary Chart Indicating that Eating at Government Cafeterias
Makes for Better Eating Habits
(977 Persons For 2 Noon Meals Only)

Green Leafy and Yellow Vegetables (Other Than Tomatoes)

	Total Number Persons	Government Cafeterias	Elsewhere	No Report
	977 100%	516 100%	427 100%	34 100%
Both Days	196 20%	144 28%	50 12%	2 6%
One Day	299 31%	195 38%	93 22%	11 32%
Neither Day	482 49%	177 34%	284 66%	21 62%

Other Vegetables (Excluding Dried Peas and Beans)

	Total Number Persons	Government Cafeterias	Elsewhere	No Report
	977 100%	516 100%	427 100%	34 100%
Both Days	169 17%	118 23%	49 12%	2 6%
One Day	329 34%	210 41%	110 26%	9 26%
Neither Day	479 49%	188 36%	268 62%	23 68%

Dried Peas, and Beans and Nuts

	Total Number Persons	Government Cafeterias	Elsewhere	No Report
	977 100%	516 100%	427 100%	34 100%
Both Days	36 3%	21 4%	14 3%	1 3%
One Day	191 20%	106 21%	80 19%	5 15%
Neither Day	750 77%	389 75%	333 78%	28 82%

Citrus Fruit and Tomatoes

	Total Number Persons	Government Cafeterias	Elsewhere	No Report
	977 100%	516 100%	427 100%	34 100%
Both Days	68 7%	28 5%	39 9%	1 3%
One Day	239 24%	132 26%	100 24%	7 21%
Neither Day	670 69%	356 69%	288 67%	26 76%

Other Fruit

	Total Number Persons	Government Cafeterias	Elsewhere	No Report
	977 100%	516 100%	427 100%	34 100%
Both Days	206 21%	95 18%	104 24%	7 21%
One Day	303 31%	191 37%	102 24%	10 29%
Neither Day	468 48%	230 45%	221 52%	17 50%

Meat (Other Than Fats, Fish, Poultry, and Eggs)

	Total Number Persons	Government Cafeterias	Elsewhere	No Report
	977 100%	516 100%	427 100%	34 100%
Both Days	286 29%	128 25%	151 35%	7 21%
One Day	365 38%	215 42%	139 33%	11 32%
Neither Day	326 33%	173 33%	137 22%	7 21%

Table VII (Continued)

Fats (Other than Butter and Cream)

	Total Number Persons	Government Cafeterias	Elsewhere	No Report
	977 100%	516 100%	427 100%	34 100%
Both Days	93 9%	48 9%	44 10%	1 3%
One Day	230 24%	133 26%	89 21%	8 23%
Neither Day	654 67%	335 65%	294 69%	25 74%

Butter and Cream

	Total Number Persons	Government Cafeterias	Elsewhere	No Report
	977 100%	516 100%	427 100%	34 100%
Both Days	540 55%	272 53%	253 59%	15 44%
One Day	258 26%	136 26%	114 27%	8 23%
Neither Day	179 19%	108 21%	60 14%	11 33%

Milk and Plain Cheese (Including Milk Drinks)

	Total Number Persons	Government Cafeterias	Elsewhere	No Report
	977 100%	516 100%	427 100%	34 100%
Both Days	315 32%	193 38%	113 26%	9 26%
One Day	219 22%	110 21%	105 25%	4 12%
Neither Day	443 46%	213 41%	209 49%	21 62%

Milk Products (Other Than Plain Cheese, Butter, and Cream)

	Total Number Persons	Government Cafeterias	Elsewhere	No Report
	977 100%	516 100%	427 100%	34 100%
Both Days	55 6%	30 6%	22 5%	3 9%
One Day	230 23%	143 28%	81 19%	6 17%
Neither Day	692 71%	343 66%	324 76%	25 73%

Cereals

	Total Number Persons	Government Cafeterias	Elsewhere	No Report
	977 100%	516 100%	427 100%	34 100%
Both Days	801 82%	428 83%	350 82%	23 68%
One Day	134 14%	69 14%	60 14%	5 15%
Neither Day	42 4%	19 3%	17 4%	6 17%

Sweets (Including Candies)

	Total Number Persons	Government Cafeterias	Elsewhere	No Report
	977 100%	516 100%	427 100%	34 100%
Both Days	333 34%	172 33%	154 36%	7 21%
One Day	292 30%	155 41%	124 29%	13 38%
Neither Day	352 36%	189 37%	149 35%	14 41%

Drinks (Other than Milk and Water)

	Total Number Persons	Government Cafeterias	Elsewhere	No Report
	977 100%	516 100%	427 100%	34 100%
Both Days	315 32%	167 32%	139 33%	9 26%
One Day	162 17%	89 17%	66 15%	7 21%
Neither Day	500 51%	260 21%	222 52%	18 53%

Table VIII
Salary Range Affects Eating Habits

Green Leafy and Yellow Vegetables (Other Than Tomatoes)						
	Total No. Persons	Under \$1,500	\$1,500-\$1,999	\$2,000-\$2,999	\$3,000-Over	No Report
	977 100%	263 100%	372 100%	189 100%	149 100%	4 100%
Both Days	692 71%	169 64%	265 71%	146 77%	109 73%	3 75%
One Day	237 24%	77 29%	85 23%	40 21%	34 23%	1 25%
Neither Day	48 5%	17 7%	22 6%	3 2%	6 4%	0 0%

Other Vegetables (Excluding Dried Peas and Beans)						
	Total No. Persons	Under \$1,500	\$1,500-\$1,999	\$2,000-\$2,999	\$3,000-Over	No Report
	977 100%	263 100%	372 100%	189 100%	149 100%	4 100%
Both Days	698 71%	179 68%	277 75%	127 67%	111 74%	4 100%
One Day	238 24%	73 28%	79 21%	55 29%	31 21%	0 0%
Neither Day	41 5%	11 4%	16 4%	7 4%	7 5%	0 0%

Dried Peas, and Beans and Nuts						
	Total No. Persons	Under \$1,500	\$1,500-\$1,999	\$2,000-\$2,999	\$3,000-Over	No Report
	977 100%	263 100%	372 100%	189 100%	149 100%	4 100%
Both Days	117 12%	21 8%	46 12%	24 13%	26 18%	0 0%
One Day	347 35%	74 28%	129 35%	81 43%	63 42%	0 0%
Neither Day	513 53%	168 64%	197 53%	84 44%	60 40%	4 100%

Citrus Fruit and Tomatoes						
	Total No. Persons	Under \$1,500	\$1,500-\$1,999	\$2,000-\$2,999	\$3,000-Over	No Report
	977 100%	263 100%	372 100%	189 100%	149 100%	4 100%
Both Days	612 63%	122 46%	237 64%	144 76%	107 72%	2 50%
One Day	212 22%	73 28%	88 24%	24 13%	27 18%	0 0%
Neither Day	153 15%	68 26%	47 12%	21 11%	15 10%	2 50%

Other Fruit						
	Total No. Persons	Under \$1,500	\$1,500-\$1,999	\$2,000-\$2,999	\$3,000-Over	No Report
	977 100%	263 100%	372 100%	189 100%	149 100%	4 100%
Both Days	556 57%	131 50%	216 58%	117 62%	90 60%	2 50%
One Day	281 29%	83 31%	105 28%	52 27%	40 27%	1 25%
Neither Day	140 14%	49 19%	51 14%	20 11%	19 13%	1 25%

Meat (Other Than Fats, Fish, Poultry, and Eggs)						
	Total No. Persons	Under \$1,500	\$1,500-\$1,999	\$2,000-\$2,999	\$3,000-Over	No Report
	977 100%	263 100%	372 100%	189 100%	149 100%	4 100%
Both Days	906 93%	238 90%	341 92%	180 95%	143 96%	4 100%
One Day	65 6%	23 9%	28 7%	8 4%	6 4%	0 0%
Neither Day	6 1%	2 1%	3 1%	1 1%	0 0%	0 0%

Table VIII (Continued)

Fats (Other Than Butter and Cream)

	Total No.	Under	\$1,500-	\$2,000-	\$3,000-	No Report
	Persons	\$1,500	\$1,999	\$2,999	Over	
Both Days	977 100%	263 100%	372 100%	189 100%	149 100%	4 100%
One Day	388 40%	98 37%	154 41%	81 43%	55 37%	0 0%
Neither Day	336 34%	85 32%	121 33%	73 39%	55 37%	2 50%
	253 26%	80 31%	97 26%	35 18%	39 26%	2 50%

Butter and Cream

	Total No.	Under	\$1,500-	\$2,000-	\$3,000+	No Report
	Persons	\$1,500	\$1,999	\$2,999	Over	
Both Days	977 100%	263 100%	372 100%	189 100%	149 100%	4 100%
One Day	887 91%	239 91%	337 90%	171 91%	136 91%	4 100%
Neither Day	72 7%	21 8%	25 7%	14 7%	12 8%	0 0%
	18 2%	3 1%	10 3%	4 2%	1 1%	0 0%

Milk and Plain Cheese (Including Milk Drinks)

	Total No.	Under	\$1,500-	\$2,000-	\$3,000-	No Report
	Persons	\$1,500	\$1,999	\$2,999	Over	
Both Days	977 100%	263 100%	372 100%	189 100%	149 100%	4 100%
One Day	598 61%	175 67%	222 60%	98 52%	99 66%	4 100%
Neither Day	201 21%	49 19%	77 21%	54 29%	21 14%	0 0%
	178 18%	39 14%	73 19%	37 19%	29 20%	0 0%

Milk Products (Other than Plain Cheese, Butter and Cream)

	Total No.	Under	\$1,500-	\$2,000-	\$3,000-	No Report
	Persons	\$1,500	\$1,999	\$2,999	Over	
Both Days	977 100%	263 100%	372 100%	189 100%	149 100%	4 100%
One Day	207 21%	47 18%	87 24%	44 23%	29 20%	0 0%
Neither Day	378 39%	107 41%	135 36%	79 42%	54 36%	3 75%
	392 40%	109 41%	150 40%	66 35%	66 44%	1 25%

Cereals

	Total No.	Under	\$1,500	\$2,000-	\$3,000-	No Report
	Persons	\$1,500	\$1,999	\$2,999	Over	
Both Days	977 100%	263 100%	372 100%	189 100%	149 100%	4 100%
One Day	953 93%	258 98%	359 96%	185 98%	147 99%	4 100%
Neither Day	21 2%	5 2%	10 3%	4 2%	2 1%	0 0%
	3 0%	0 0%	3 1%	0 0%	0 0%	0 0%

Sweets (Including Candies)

	Total No.	Under	\$1,500-	\$2,000-	\$3,000-	No Report
	Persons	\$1,500	\$1,999	\$2,999	Over	
Both Days	977 100%	263 100%	372 100%	189 100%	149 100%	4 100%
One Day	743 76%	188 71%	283 76%	146 77%	123 83%	3 75%
Neither Day	157 16%	50 19%	58 16%	31 17%	18 12%	0 0%
	77 8%	25 10%	31 8%	12 6%	8 5%	1 25%

Drinks (Other Than Milk and Water)

	Total No.	Under	\$1,500	\$2,000-	\$3,000-	No Report
	Persons	\$1,500	\$1,999	\$2,999	Over	
Both Days	977 100%	263 100%	372 100%	189 100%	149 100%	4 100%
One Day	841 86%	216 82%	319 86%	166 88%	136 91%	4 100%
Neither Day	67 7%	24 9%	23 6%	14 7%	6 4%	0 0%
	69 7%	23 9%	30 8%	9 5%	7 5%	0 0%

Table IX

Dietary Chart Indicating Classes of Foods Eaten (Between Meals)
(977 Persons For 2 Days)

Food Classes	Both Days	One Day Only	Neither Day
Green leafy and yellow vegetables (Other than tomatoes)	2	6	969
Other vegetables (excluding dried peas and beans)	1	5	971
Dried peas, and beans and nuts	8	75	894
Citrus fruit and tomatoes	32	94	851
Other fruit	56	113	808
Meat (other than fats, fish, poultry, and eggs)	2	34	941
Fats (other than butter and cream)	5	12	960
Butter and cream	20	41	916
Milk and plain cheese (including milk drinks)	70	104	803
Milk products (other than plain cheese, butter, and cream)	8	45	924
Cereals	87	163	727
Sweets (including candies)	149	222	606
Drinks (other than milk and water)	97	112	768

Table X

Dietary Chart Indicating Classes of Foods Eaten (Negroes)
(74 Persons for 2 Days)

Green Leafy and Yellow Vegetables (Other Than Tomatoes)					
Both Days		One Day Only		Neither Day	
Number	Percent	Number	Percent	Number	Percent
50	68	19	25	5	77
Other Vegetables (Excluding Dried Peas and Beans)					
Both Days		One Day Only		Neither Day	
Number	Percent	Number	Percent	Number	Percent
43	58	27	36	4	6
Dried Peas, and Beans and Nuts					
Both Days		One Day Only		Neither Day	
Number	Percent	Number	Percent	Number	Percent
5	7	18	24	51	69
Citrus Fruit and Tomatoes					
Both Days		One Day Only		Neither Day	
Number	Percent	Number	Percent	Number	Percent
24	32	22	30	28	38
Other Fruit					
Both Days		One Day Only		Neither Day	
Number	Percent	Number	Percent	Number	Percent
30	41	17	23	27	36
Meat (Other Than Fats, Fish, Poultry, and Eggs)					
Both Days		One Day Only		Neither Day	
Number	Percent	Number	Percent	Number	Percent
67	91	6	8	1	1
Fats (Other Than Butter and Cream)					
Both Days		One Day Only		Neither Day	
Number	Percent	Number	Percent	Number	Percent
24	32	20	27	30	41
Butter and Cream					
Both Days		One Day Only		Neither Day	
Number	Percent	Number	Percent	Number	Percent
64	86	10	14	0	0
Milk and Plain Cheese (Including Milk Drinks)					
Both Days		One Day Only		Neither Day	
Number	Percent	Number	Percent	Number	Percent
47	63	14	19	13	18

Table X (Continued)

Milk Products (Other Than Plain Cheese, Butter and Cream)

Both Days		One Day Only		Neither Day	
Number	Percent	Number	Percent	Number	Percent
13	18	19	25	42	57

Cereals

Both Days		One Day Only		Neither Day	
Number	Percent	Number	Percent	Number	Percent
73	99	0	0	1	1

Sweets (Including Candies)

Both Days		One Day Only		Neither Day	
Number	Percent	Number	Percent	Number	Percent
51	69	13	18	10	13

Drinks (Other Than Milk and Water)

Both Days		One Day Only		Neither Day	
Number	Percent	Number	Percent	Number	Percent
61	82	5	7	8	11

STUDY OF THE NUTRITIONAL HABITS AND NEEDS OF GOVERNMENTAL EMPLOYEES

In order to help interpret the record you give regarding what you eat during the period of this survey, please answer the following questions. Place an X in the proper space for your answer. Without answers to these questions your record of meals will be of very little value. Do not write anything in the column at the left of this page.

Code _____ Date _____

No. _____

1. Mode of living: Rooming house boarding house hotel

own or relatives home (includes apartments) room in private home room in apartment

2. Sex: Male female

3. Race: White Negro Other

4. Check the range which includes your age: 16 to 19 years

20 to 24 years 25 to 29 years 30 years or older

5. Check the range which includes your salary: Under \$1500

\$1500 to \$1999 \$2000 to \$2999 \$3000 and over

6. Do you eat; Breakfast-yes no ; noon meal-yes no ; evening meal-yes no . If you do, check the ONE place for each meal where you most often eat it:

Place	Breakfast	Noon Meal	Evening Meal
-------	-----------	-----------	--------------

a. Regular place of residence _____

b. Drug store _____

c. Government lunch room,
cafeteria, or lunch counter _____

d. Other public dining room,
cafeteria, restaurant or
lunch counter _____

e. Carry your own from home.
If you carry your own do
you buy any food to add to
it? Yes No

7. Do you usually have time to eat a proper lunch? Yes No .
If not, why not? _____

8. If you buy your meals away from your place of residence, what
is the average daily cost of: Breakfast Noon meal
Evening meal .

9. Are you usually able to get any food when you are ill? Yes No

10. Do you now use vitamin pills? Daily Occasionally None
If you do use them, what vitamins are included? _____
Are they prescribed by a physician? Yes No

11. Have you taken sick leave of more than one day at a time within
the last 3 months? Yes No .

12. As a result of the various nutrition programs, press and radio
articles, defense posters, and other literature on the subject
of proper nutrition; a. Do you feel a greater awareness of nutri-
tion now than you did a year ago? Yes
No

B. Have you improved your eating habits?
Yes No

13. Check any of the following services or sources of information
in which you are interested:
a. Literature on nutrition
b. Short talks on nutrition
c. Nutrition classes
d. Wall chart meal guides in cafeterias
e. Educational movies on nutrition
f. Personal service or advice
g. Results of this survey

If you wish to receive information or service from any of the sources
listed above, please give your name and address below.

Name _____ Address: Home _____
Office _____

Day of Week

Meal	Food Eaten	Do Not fill in this column		
BREAKFAST		A	B	C
		D	E	F
		G	H	J
		K	M	N
		P		
NOON MEAL		A	B	C
		D	E	F
		G	H	J
		K	M	N
		P		
EVENING MEAL		A	B	C
		D	E	F
		G	H	J
		K	M	N
		P		
BETWEEN MEALS		A	B	C
		D	E	F
		G	H	J
		K	M	N
		P		